



**TEMPLE SINAI**

# **KESHER**

**NOVEMBER/DECEMBER 2024**

**CHESHVAN/KISLEV 5785**

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# LOOKING FOR LIGHT IN ALL THE WRONG PLACES RABBI RICK RHEINS

***“Ah, get born, keep warm, short pants, romance,  
learn to dance. Get dressed, get blessed, try to  
be a success. Please her, please him, buy gifts,  
don’t steal, don’t lift. Twenty years of schooling  
and they put you on the day shift.”***

Bob Dylan, Subterranean Homesick Blues

“Is this it?” I am asked. “We’re working so hard to do well. We are trying our best to be good at work and to take care of our family. But after all these years, after all the dreams, after all the great expectations, what is this life all about? We feel the tug of time and want to know: “Is there meaning and purpose to this life?”

As the darkest days of the year are upon us, the universal quest for light, for hope, intensifies. The change of seasons, the passing of time, the ebbing of the sun’s light, and the frozen air that stings our faces remind us of our limits, our vulnerability, and that nagging, looming truth of our mortality. So we search even more intently for the answers to the existential questions. Some search for light in all the wrong places. Too many try to find their solace by overindulging on Thanksgiving or by elaborate gift giving to ward off the moodiness of the dim, cold days that cluster around the Winter Solstice. But true happiness cannot be gift-wrapped.

Our ancestor who penned Kohelet, the marvelously candid book of the Hebrew Bible, wrote that though good fortune had blessed him with vast treasures of riches and possessions, these, too, had their limits:

***I withheld from my eyes nothing they asked for,  
and denied myself no enjoyment; rather, I got  
enjoyment out of all my wealth. But that was  
all I got out of my wealth”  
(Kohelet/Ecclesiastes 1:10).***

Kohelet was not condemning the enjoyment of luxuries and thrills. Rather, he simply was teaching us that the accumulations of things bring but fleeting pleasure. What material things cannot give us is a sense of purpose and meaning in our lives. Things make up the “what” of our lives. But the

purpose and meaning of our lives are the “why.” It would be pretentious to attempt to offer some “answer” as to the meaning and purpose of our lives. Indeed, each of us must search and seek his or her individual answer. What Judaism offers is two immutable truths that form a foundation upon which we can find our individual answers. First, God willfully created this life and we are of God’s creation. Therefore, our faith in God affirms that there is purpose and meaning to our existence. Second, we need a set time and place to contemplate, examine, question, discover, and affirm our individual purpose. We need to give ourselves the opportunity to consider and appreciate those who came before us, those with whom we share this life’s journey, and those who will carry on our legacy of morals and values to the generations yet to come. That time, that space, that opportunity is found every week at Shabbat services. The pathway of deeper understanding comes with taking the time for study and intelligent interactions.

While daily prayer and moments of meditation offer quick pick-me-ups for the soul, only at Shabbat gatherings with friends, family, and community to recite time honored prayers and study Torah can we truly find the sublime moments that penetrate the soul, that inspire the mind, that refresh the spirit, and that connect us to all that is sacred and eternal. The meaning of our lives shines brighter than the summer sun at noon. Come, dispel the darkness. Let us rekindle the joyful enthusiasm, wonder, and awe of life.

Come, let us worship and study together!

***B’vrakhah, With Blessings.***

*Rick*

**Rabbi Rick Rheins**



# KEEPING OUR FEET ON THE GROUND FINDING BALANCE THROUGH THE 1,000 YEAR OLD PRACTICE OF MUSSAR.

## RABBI MICHAEL SHIELDS

I hope all will consider joining us for a Sinai Sunday Mussar Va-ad (group).

### **What is Mussar?**

Mussar is a Jewish spiritual practice based on the idea that by cultivating inner virtues, we improve ourselves. Most of the Jewish ethical teachings are rule-based. Mussar masters recognized that simply learning about kindness does not make us more kind.

We often have inner drives, wounds and appetites, in Jewish tradition referred to as the Yetzer-Hara (the Evil Inclination) that can prevent us from behaving as we know we should. One Mussar teacher, Rabbi Elya Lopian (1876-1970), described Mussar as "teaching the heart what the mind already understands."

Mussar is a practice that hones in on those attributes of our being and helps us shape and balance them so we develop better patterns that nurture our souls, allowing them to more fully shine. Greater balance in these many aspects of our soul allow us to move towards fulfilling our potential.

In this Sinai introductory Mussar group, we will affirm that all the holiness we could ever hope for already exists within us, at the core of the soul, called neshama. The neshama cannot be tainted, not even by evil deeds. We acknowledge that reality in the daily liturgy when we recite, "God, the neshama you have given me is pure."

Mussar tells us that all human qualities, even anger, jealousy and desire, are not intrinsically "good" or "bad." It's a matter of balance. When we have too much or too little of a trait spiritual problems arise. Everyone has some anger in his or her soul but only too much anger is a problem. Desire is natural and healthy, but lust

is an excess of that soul-trait. And so on with all the traits. The great scholar, Maimonides, says that each character trait that is out of alignment creates a veil that screens the light of holiness.

The goal of Mussar practice is to move towards that refined and elevated version of the unique person you already are. To do that, we must first come to better know and embrace our soul, which means tackling each one of our personal middot, traits, that hang as thick veils blocking the holy inner light from entering our lives.

### *Rabbi Shields*

Rabbi Michael Shields



# ON A MUSICAL NOTE . . .

## RUTHIE LIPSHULCH CANTORIAL SOLOIST



Hi hope everyone had a meaningful New Year. Sending blessings for the months ahead.

### Musical Events To Come:

- **November 8:** Youth Choir Performance at Erev Shabbat services featuring Linda Leonard on piano and the songbirds!
- **November 22nd:** Join us for "Mizrachi Musical Shabbat" on November 22nd from 6pm-7:15 pm Get ready to hear a lively mix of old and new Middle Eastern tunes, complete with

fantastic instrumentalists. It's going to be a joyful celebration that might even make you want to dance! Bring the whole family—everyone's welcome

Your Cantorial Soloist,

*Ruthie*

Ruthie Lipshulch



**click arrow to play**

# THANKFUL

**57th Annual Interfaith Thanksgiving Service with our friends from First Plymouth**  
**Sunday, November 24 at 4:00 PM**  
**Temple Sinai**

Fifty-two years ago, when Temple Sinai was just beginning, our friends at First Plymouth UCC shared their building with us and gave us a home. That spirit of good will, generosity, and cooperation has continued throughout our more than five decades of friendship. In light of our shared history, how appropriate it is for members of our two congregations to join before Thanksgiving for a brief but meaningful service to express our appreciation to God for the goodness and bounty that bless our nation and its citizens.

This year, the service will be held at Temple Sinai on Sunday, November 24 at 4:00 PM. It will include inspiring music and prayers by our clergy, along with First Plymouth's religious leaders. After the service, we will enjoy a lovely dessert. This brief but meaningful and musical service sets a perfect mood to our Thanksgiving. Donations will be collected to benefit the local food banks and homeless shelters.

Please consider beginning your observance of Thanksgiving with this wonderful interfaith service.





# KESHER IS HEBREW FOR "CONNECTION" DEBBIE FOSTER

**DIRECTOR OF PROGRAMMING AND ENGAGEMENT**

Kesher is Hebrew for "connection," and connection is at the center of everything we do. Over the past months, our community connected to learn, to play, to laugh, to pray, to remember, to create, to dance, to bake and of course, to eat. Our shared space comes alive when you are here and we are together. What a way to start off 5785!

Sinai South Rosh HaShanah Playdate



Baking for New Year with Sisterhood



Twisted Shabbat-Rosh HaShanah



High Holy Days Youth Program



Bowling with TSYG - Temple Sinai Youth Group



B'ruchim Ha'baim Welcome to our Sukkah!



Donuts and Decorating the Sukkah!



Spaghetti in the Sukkah  
(aka Social Hall)



20th Anniversary Celebration  
of Lunch & Learn in the  
Sukkah



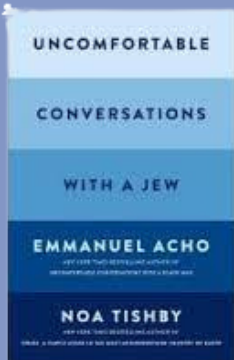
The Progressive Case for Israel  
with Congressman Ritchie Torres



High Holy Days Choir



Doing the Mitzvot of Shaking  
the Lulav and being in the  
Sukkah



You're welcome to join **Temple Sinai's Book Club on Wednesday November 20 for 11:00 am** for a discussion of the New York Times Bestseller: *Uncomfortable Conversations with a Jew* by Noa Tishby and Emmanuel Acho, facilitated by Debbie Foster. From two New York Times bestselling authors. This book is a timely, disarmingly honest, and thought-provoking investigation into antisemitism that connects the dots between the tropes and hatred of the past to our current complicated moment.



# DONI KAYE DIRECTOR OF EDUCATION



The first couple months of Religious School offered varied, layered, and individualized learning for students and families of all age groups. Families and students benefited from high energy and wisdom saturated morning services led by our stellar Temple Sinai clergy, multi-modal lessons delivered by our high-caliber teaching staff, musical engagement from our cantorial soloist and Israeli cultural experiences from our shinshinit, leadership and helping opportunities for teens through the madrichim program, windows into key topics such as Israel education and Jewish ethics in teen years from our experienced educators and our rabbis, family and b'nei mitzvah education, social and youth group opportunities, youth programming, individualized Hebrew and prayer fluency support, opportunities for B'nei Mitzvah aged youth to convene and learn on Shabbat, and much more. Here are pictures and captions exhibiting integral moments at the Religious School from the first portion of the Fall semester. I look forward to continuing to showcase the growth of our school community in terms of engagement, bonding, and engagement in this New Year, 5785, a year of limitless possibility, and the promise of growth and connection.

**L'Shalom,**

*Doni*



Temple Sinai תלמידי חינוך teens enacting the story of Jonah during youth services.



Rabbi Rheins and Rabbi Shields invite families up to the bimah - בימה - during the Yom Kippur - יום כפור - intergenerational service.



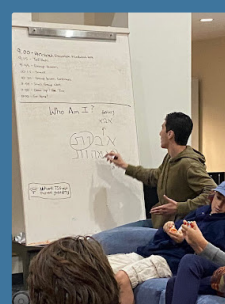
4th, 5th and 6th graders learning about the core themes, questions, rituals, traditions, and vocabulary of the High Holy Days during Youth Programming.



Our shinshinit - שנישנית Ori Moryosef, reflects upon October 7th, one year after the atrocity.



Spirited musical engagement with Ruthie featuring new and familiar songs from the High Holy Days.



Micah Zucker leading a lesson as part of the madrichim program at the Religious School.



Spirited younger children services with Rabbi Shields and Ruthie!



Mr. Doni was a guest educator in 4th grade.



Temple Sinai teens have the opportunity to hear from and ask questions of Congressman Jason Crow.



Temple Sinai students and families dance the horah around the Sukkah during the Doughnuts and Decorate the Sukkah program.



Kindergarten and 1st grade showing off their High Hoy Days creations during Rosh Hashanah.



4th, 5th and 6th graders wrestling with the themes of the High Hoy Days through storytelling with "Mr. Doni."



4th graders try out a new Tashlich ritual on Rosh Hashanah to symbolic castaway the personal burdens of the past year and work to restore healthy relationships in the New Year.



Rabbi Rheins energizing the older students with a mighty shofar שופר blast during the month of Elul - אֱלוּל, leading into the High Hoy Days.



Teens learn about Israeli culture through Bingo with Ori.



Rosh Hashanah card making for Israeli soldiers.



# SHEILA PURDIN

## EARLY CHILDHOOD EDUCATION



The season of Hanukkah is so joyful! We celebrate bravery, light, miracles, and rededicate ourselves to our sacred Jewish traditions. Hanukkah can also come with anxiety about how to make the holiday special in the midst of Christmas literally everywhere. This year the first night of Hanukkah falls on December 25, Christmas, and when I looked at the calendar I was so sad. How can we possibly lean into the true meaning of our holiday when we are competing with Christmas presents? While talking with a parent at Temple Sinai Preschool about my feelings, she offered me a beautiful reframing. She said, "Hanukkah begins as Christmas is ending. How great is it that this year we can celebrate and remember when the hubbub of Christmas is over. We get to celebrate during a time of year when many families aren't working, or barely working, when the weather is cold and we naturally turn inward and enjoy family time." It is really great!

With this in mind, I am offering you eight ways you might celebrate this year. I hope you find one or two that resonate with you and your family.



1. Game night! Spend the evening playing games with the family. Dreidel anyone?
2. Book night! Cuddle up with your favorite book. Read out loud or quietly and immerse yourself in story. One of my favorites is Rabbi Zwerin's book, Like a Maccabee. If you don't know it, you should!
3. In the kitchen! Grab your potatoes and peelers and make latkes together. Even small children can peel a potato with a little instruction (move the peeler away from your body!) and they love to crack eggs and add salt.
4. Give back! Our tradition commands that we do mitzvot and give tzedakah. Doing it with your children shows how highly you value acts of loving kindness. Consider making warm bags (socks, gloves, hand warmers, granola bars) for the homeless or soup bags (rice, chicken bouillon, and spices) for the JFS food pantry. Even your youngest can help.
5. Share your memories! When my children were young we used to look through photo albums together. Photo albums might be a thing of the past but you can look at the digital pictures you have on your television or even gather around a computer screen. Reminisce about Hanukkahs of years past and brainstorm ideas for the future.
6. You are invited! Surround yourself with family and friends, especially those that have never celebrated Hanukkah. Light your menorah together and bask in the light of community.
7. Get creative! Gather your paper, scissors, paint, and glue and make stuff. Maybe make a drip mat for your menorah or get started on homemade thank you cards. Everyone, even you, is an artist.
8. Pajama movie night! Time to relax. Grab your favorite Hanukkah pajamas, a family movie ([HERE](#) is a list of Hanukkah movies from our friends at PJ Library), and settle in for the night.

However you spend the holiday, I wish you and your family love and light for Hanukkah!

Warmly,

Sheila

# JOIN US FOR WORSHIP

All services are open for in-person attendance and will be streamed live at [sinaidenver.org/livestream](http://sinaidenver.org/livestream) or on our Facebook page at [Facebook.com/SinaiDenver](https://www.facebook.com/SinaiDenver)

## WEEKLY

### EREV SHABBAT SERVICE

FRIDAYS, 6:00 PM

Join us to welcome Shabbat every Friday evening. Temple Sinai's service is a rich mixture of Jewish tradition and modern egalitarian spirit which makes for an inviting and inclusive experience for those of every age and background. Our service is filled with wonderful music that includes both traditional and modern melodies. Thoughtful messages from the Rabbis enhance our services. We conclude every Erev Shabbat service with an *oneg* dessert and social time to renew friendships and meet new friends.

### SHABBAT MORNING MINYAN

SATURDAYS, 9:00 AM

Every Shabbat morning we have a lovely service that encourages participation and ruach, a joyous spirit. In addition to the Rabbis, congregants are invited to help lead the service. Opportunities are available for members to read Torah, provide a short *drash* (message about the Torah portion) and help lead the prayers. If you are interested in leading a part of the service, contact Rabbi Rick Rheins or Rabbi Michael Shields. This service is a fabulous way to celebrate Shabbat and to meet wonderful new friends.

### SPECIAL SERVICE MUSICAL SHABBAT SERVICE

FRIDAY, NOVEMBER 22 AT 6:00 PM

Join us for "Mizrachi Musical Shabbat" on November 22nd from 6pm! Get ready to hear a lively mix of old and new Middle Eastern tunes, complete with fantastic instrumentalists. It will be a joyful celebration that might even make you want to dance! Bring the whole family—everyone's welcome!



## MONTHLY

### HEALING SERVICE / VIRTUAL, AT 11:00AM

THURSDAY, DECEMBER 5 AT 11:00 AM

For our Healing Service, we gather virtually for prayers, meditations, music, and the warm embrace of friends to renew our sense of hope, strength, and healing. The Healing Service is for those who are struggling with their health, for those struggling with sadness and grief, for caregivers who seek inspiration as they pray for the welfare of loved ones.

If you are unable to attend the Zoom Healing Service, just send us the name(s) of the loved ones you would like mentioned during our prayers. Please be sure to let them know that they are in all our thoughts and prayers.



# NOVEMBER/DECEMBER

## **BROTHERHOOD, BIBLE & BEER MEN TALKING TORAH WITH THE RABBIS**

DARCY'S BISTRO AND PUB

**Tuesday, November 12 at 6:00 PM**

**Tuesday, December 3 at 6:00 PM**

Each month, Temple Sinai men get together for a little study, discussion, and camaraderie. It is a perfect opportunity to renew friendships and make new friends. Rabbi Rheins and Rabbi Shields will alternate the leading of these fun, conversational outings!

## **LUNCH AND LEARN**

COME LEARN, DISCUSS, DEBATE  
AND MEET FRIENDS

**Thursday, November 7, 14, 21**

**Thursday, December 5, 12, 19, 26**

We'll review ethical and moral issues in selected Jewish texts, discuss hot current topics, and debate the important issues of the day. Bring your lunch and join in the discussion. It's a great way to learn as well as meet new friends!

**Lunch and Learn will now be IN-PERSON AT TEMPLE SINAI with a VIRTUAL OPTION!**

## **EXPLORING THE HEBREW BIBLE WITH RABBI DAVID ZUCKER**

**Wednesday, November 6, 13, 20**

On three Wednesday mornings in November, Rabbi David J. Zucker, PhD, will lead an in-person Bible study, 10:30-11:30 AM at Temple Sinai. Pre-registration is required [here](#). \$18.00

**November 6:** "Contrasting Narratives": Creating the World: Genesis 1, and 2-3

**November 13:** "Raising Cain": Unpacking the Cain/Abel Conflict: Genesis 4

**November 20:** "Powerful Women": Abigail and Esther, Similarities & Disparities: 1 Samuel 25 and the Book of Esther

## **ADULT HEBREW: PART II TAUGHT BY RABBI RICK & RABBI SUSAN RHEINS**

**November 2, 9, 23**

**December 7, 14**

**January 4, 11**

Over 20 adults recently finished Beginning Hebrew with Rabbi Susan and even more have asked about a follow-up class that will empower them to read and understand many of the prayers and blessings that are central to Jewish worship. In response, we are thrilled to offer Adult Hebrew: Part II. Each class will be on a Shabbat morning at 10:30- 11:30 AM (following the early Shabbat morning service which begins at 9:00 AM). There is a modest fee of \$72 to cover materials and instruction. This class is reserved for Temple Sinai members and select ITJ students. Register [here](#).

## **EXPLORING THE HEBREW BIBLE THE SECOND BOOK OF KINGS WITH RABBI RICK RHEINS**

TUESDAYS AT NOON

**Tuesdays, December 3, 10, 24**

**[No classes in November]**

Beginning in December we will start reading the Book of Ezra and then continue through the Book of Nehemiah. For each session, Rabbi Rick Rheins will provide a PDF text, as well as selections from classic commentaries. Ezra and Nehemiah tell the inspiring story of the return of the Jewish people from exile to the Land of Israel and the building of the Second Temple. Each of these Books of the Bible includes passages that have shaped Judaism and the Jewish people, and have been tremendously influential to the development of Western Civilization. As we read, we will also engage in a lively discussion! Join us VIRTUALLY at noon!



# Sinai Sundays

## Fundamentals of Judaism

Taught by Rabbi Rick Rheins and Rabbi Michael Shields

This Sinai Sundays class will feature a multi-series class that covers the foundation of Jewish history, practice, and thought. There is a modest materials and instruction fee of \$50 for Temple Sinai members and \$100 for non-members.

The tentative schedule is as follows:

November 10, 24; December 8, 15, 22; January 12, 26; February 2, 9; March 9  
10:00-10:55 AM



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## Keeping Our Feet on the Ground: Finding Balance Through the 1,000-Year-Old Practice of Mussar with Rabbi Michael Shields

Mussar, a cherished Jewish tradition, serves as a guide for spiritual development, fostering awareness, wisdom, and personal transformation. It unfolds a treasury of teachings and practices, helping individuals recognize their inner holiness and overcome inner barriers that obscure their inner light. There are times when we feel out of balance in one aspect of our life or another. The practice of Mussar, character development, helps to “keep your feet on the ground” by providing easily accessible life lessons via a step-by-step framework to strive for balance in one’s life. There is a modest materials and instruction fee of \$36 for this class.

The tentative schedule is as follows:

November 10, 17; December 8, 15  
11:00-11:55am



## **Sick? Struggling? Want a call or a meeting? Inform the Rabbis!**

Adding to the agony and frustration of dealing with illness or struggling with a difficult time is the nagging thought that you are forgotten and that no one cares. Temple Sinai most certainly cares about every one of our members. Rabbi Rheins and Rabbi Shields are always quick to make a call and/or visit to any of our members and their loved ones. We also have a group of volunteers on our Caring Committee who will do their best to respond with cards, calls and offers of assistance.

Please call or email our Rabbis and let them know that you'd like their help.

Confidential messages can be made directly to:

**Rabbi Rick Rheins, [rabrheins@sinaidenver.org](mailto:rabrheins@sinaidenver.org)**

**Rabbi Michael Shields, [rabbishields@sinaidenver.org](mailto:rabbishields@sinaidenver.org)**

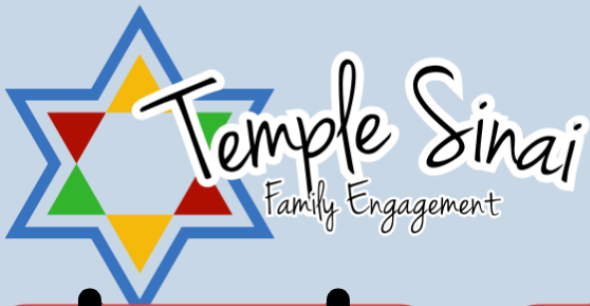
## **Interested in becoming Jewish or learning more about Judaism? Sign up for the next Introduction To Judaism course!**

The Rocky Mountain Rabbis & Cantors (RMRC) offers a nationally renowned 28-week Introduction to Judaism (ITJ) course. This program is taught by Rabbis from the Reform, Conservative, Reconstructionist, and Modern Orthodox movements. ITJ is a cornerstone of the Denver Jewish community's conversion program. It is one of the few in the country in which Rabbis from all the respective movements participate.

There is a modest fee for the course, but some scholarships are available. If you are interested in the Introduction to Judaism course, please call either Rabbi Rick Rheins or Rabbi Michael Shields.

## **B'nei Mitzvah Dates are available in 2026 & 2027**

Know that it is never too late to have our children experience the life-affirming joy and pride of accomplishment by leading a service as a Bar or Bat Mitzvah. If you have a child who will turn 13 (or older) in 2026 or 2027 and you do not yet have a reserved date for a service, please call Rabbi Rick Rheins or Rabbi Michael Shields and we'll answer all your questions and help you find a date that works for your family. Date selection request forms are available in the Temple Sinai office and can be mailed directly to you. Know that our clergy work personally with each student and their family to help create a memorable celebration that will bring a lifetime of blessings.



# Upcoming Events

NOV  
**1**  
5:30 PM  
*Twisted Shabbat*

NOV  
**3**  
9:00 AM  
*Mitzvah Day*

NOV  
**9**  
5:30 PM  
*Religious School Trivia Night*

DEC  
**6**  
5:30 PM  
*Twisted Shabbat*

DEC  
**7**  
3:45 PM  
*Sinai Shines*

DEC  
**8**  
12:00 PM  
*Meretz and Ruach*

DEC  
**27**  
4:30 PM  
*Chanukah Shabbat Dinner*

DEC  
**29**  
3:00 PM  
*Sinai South Chanukah*



FOR MORE INFORMATION AND TO REGISTER  
SCAN QR CODE !



# adult programming

Sinai Sisterhood Shabbat  
Friday, November 1 at 6:00 PM

Pardes Meditation Group  
Saturday, November 2 at 8:00 AM

Jewish War Veterans Meeting  
Sunday, November 10 at 9:00 AM

Yoga for Brain Health with Sisterhood  
Sunday, November 10 at 3:00 PM

Sinai Sisterhood Lunch at  
New York Deli News  
Wednesday, November 13 at 1:00 PM

Lifelong Jewish Learning  
Wednesday, November 13 at 6:30 PM

Sinai Social Line Dancing  
Saturday, November 16 at 5:30 PM

Yoga for Brain Health with Sisterhood  
Sunday, November 17 at 3:00 PM

Defeat Anti-Semitism: Process Feelings  
About Being Jewish in Today's World  
Thursday, November 21 at 6:30 PM

Yoga for Brain Health with Sisterhood  
Sunday, November 24 at 3:00 PM

Lifelong Jewish Learning  
Wednesday, December 4 at 6:30 PM

Sinai Sisterhood @ Jingle Bell Run  
Sunday, December 8 at 9:00 AM

Sinai Sisterhood Happy Hour at Zane's  
Tuesday, December 17 at 5:00 PM

Lifelong Jewish Learning  
Wednesday, December 18 at 6:30 PM

Pardes Meditation Group  
Saturday, December 21 at 8:00 AM

Jewish War Veterans Meeting  
Sunday, December 22 at 9:00 AM

Sinai Sisterhood Make Sufganiyot  
Monday, December 30 at 5:00 PM

## monthly

Brotherhood, Bible and Beers  
Darcy's Pub & Bistro  
Tuesday, 11/5 at 6:00 PM  
Tuesday, 12/3 at 6:00 PM

Knitting and Crocheting for JOY  
Temple Sinai  
Wednesday, 11/20 at 1:00 PM  
Wednesday, 12/18 @ 1:00 PM

Brotherhood Monthly Breakfast  
Morning Story  
Thursday, 11/21 at 9:00 AM  
Thursday, 12/19 at 9:00 AM

## weekly

Torah Study: Saturdays at 10:30 AM (virtual)

Sinai Sundays  
10:00 AM Fundamentals of Judaism 11/10, 11/24, 12/8, 12/15, 12/22  
11:00 AM Finding Balance through Mussar 11/10, 11/17, 12/8, 12/15

Bible Class: Tuesdays at 12:00  
PM (virtual)

Lunch & Learn: Thursdays at 12:00 PM  
(in-person and virtual)

## worship

Erev Shabbat: Fridays at 6:00 PM

Shabbat Morning Minyan: Saturdays at 9:00 AM

*Veteran's Day Shabbat Service with Youth Choir*  
Friday, November 8 at 6:00 PM

*Musical Shabbat: Friday, November 22*

*Interfaith Thanksgiving Service*  
Sunday, November 24 at 4:00 PM



FOR MORE INFORMATION AND TO REGISTER  
SCAN QR CODE !



# Sinai Shines

We all shine together

Sinai-wide Havdalah celebration!

Performances by children in Preschool and Religious School, food trucks, DJ and dancing, make your own Havdalah set, balloons, and more!

Saturday, December 7  
3:45pm



EVENT IS FREE. SPONSORSHIPS  
ARE AVAILABLE FOR \$136.



Temple Sinai's Defeat Antisemitism Committee Invites you to:

# PROCESS FEELINGS ABOUT BEING JEWISH IN TODAY'S WORLD

**Antisemitism Doesn't Feel Very Good!**

Has rising antisemitism created feelings of distress and trauma for you? Likewise, are you feeling the need to process your feelings and feel more resilient in the wake of daily news about Israel? Join local Jewish therapists Gitit Kaufman and Dr. Sandra Mann as they help us explore our individual and collective experiences about our Jewish identity in light of current attitudes and events. Gitit and Sandy are experienced in facilitating discussions about these topics. Come to the introductory session for adults on November 21 from 6:30-8pm at Temple Sinai. For those interested, we can plan to meet on a regular basis.



Sandra Mann, PsyD is an American born Jew and psychologist experienced in relational work.



Gitit Kaufman, LPC is an Israeli born and American Jew and licensed counselor experienced in trauma and grief work. She speaks Hebrew and English.

**Both are licensed Psychotherapists and hold private practices serving adults in Denver and surrounding areas.**

## JOIN US

Thursday, November 21

Temple Sinai

**6:30 PM - 8:00 PM**



**REGISTER HERE**



Sinai Social Presents

**★ BOOT, SCOOTING BOOGIE ★**  
**CHINESE CATERED**  
**DINNER FOLLOWED BY**  
**LINE DANCING CLASS**

SINAI SOCIAL SINAI SOCIAL

**Saturday, November 16**  
 5:30pm dinner then dancing  
 Temple Sinai  
 \$24 per person

Sinai Social



**FALL 2024**

- November 13
- December 4
- December 18

**WEDNESDAYS**  
**6:30PM**  
**TEMPLE SINAI**  
**CLICK TO REGISTER.**

**Wednesday, November 13**

**Rabbi Raymond Zwerin and Rabbi Steven Foster: Judaism in Denver: Past and Present**

Rabbi Zwerin, founding Rabbi of Temple Sinai, and Rabbi Foster, Rabbi Emeritus of Temple Emanuel, will look at how Reform Judaism has changed since their early days on the bimah.

**Wednesday, December 4**

**Eva Jahn LPC: How to Cope With Climate Change Anxiety**

As climate impacts are increasingly felt on the ground in communities around the world, our collective mental health is also being deeply affected. Integrating work and perspectives from the emerging field of Climate Psychology, this talk will use a broad lens to look at the emotional impact of climate change on our personal and collective well-being. Eva Jahn is the Executive Director of CER! The Climate Emotional Resilience Institute and a licensed psychotherapist in private practice in Boulder specializing in trauma and the psychological impact of climate change.

**Wednesday, December 18**

Movie Night – The 2023 film, **One Life** Starring Anthony Hopkins One Life “tells the incredible true story of a London stockbroker who helped 669 Jewish children escape from Nazi-occupied Czechoslovakia at the outbreak of World War II.”

*Sinai Sisterhood*

- \*November 10 - 3:00pm - Yoga and the Brain
- \*November 12- 1:15pm - Leadership Team Meeting - all are welcome to attend
- \*November 13- 1:00pm - Lunch at NY Deli News
- \*November 17- 3:00pm - Yoga and the Brain
- \*December 8- 9:00am - Sisterhood participation in Jingle Bell Run at Wash Park
- \*December 10- 1:15pm - Leadership Team Meeting - all are welcome to attend
- \*December 17- 5:00pm - Sisterhood Dinner at Zane’s Italian Bistro
- \*December 30- Make Sufganiyot
- \*January- Look for information on Game Night

**JEWISH WAR VETERANS**

**TEMPLE SINAI**  
**SUNDAYS, 9:00AM**

The Denver unit of the Jewish War Veterans of the USA meets right here at Temple Sinai one Sunday morning each month. Excellent no cost breakfast, great speaker, camaraderie, social connections...all very good things. Come check us out! For more information call, text or email Don Price at [donpriceusna73@gmail.com](mailto:donpriceusna73@gmail.com) or 443-995-9055. All are welcome.

Temple Sinai will be having a Veterans Day Shabbat Nov 8 at 6pm.

Our next meeting will be at 9 am on Sunday November 10 - Colonel Chavez a retired Special Forces and 42 year Denver Police veteran will be our speaker.

The December meeting will be on Dec 22, and our speaker will be Robert Williscroft on Navy submarines and books he has written on the subject



# A Home for your Jewish Journey!

## TEMPLE SINAI BROTHERHOOD

Brotherhood brings members together to create, grow and strengthen friendships within the larger Temple Sinai community through social, Temple and community service activities. Contact Jon Levison, [Brotherhood@sinaidenver.org](mailto:Brotherhood@sinaidenver.org).



A GROUP FOR THOSE OVER 50

Social events for our members in the 50+ demographic. Contact Susan Levine, [sulevine64@gmail.com](mailto:sulevine64@gmail.com).



CARING COMMUNITY  
TEMPLE SINAI

This group works together to reach out to our congregants in their moments of need and celebration and helps us expand the ways we care. Contact Nancy Eisenberg, [neisenberg314@gmail.com](mailto:neisenberg314@gmail.com).



KNITTING AND CROCHETING  
for JOY

Join us on the third Wednesday of each month. The items you design and handcraft will be donated to different organizations. Contact Jane Robbins, [janerobbins.cpa@gmail.com](mailto:janerobbins.cpa@gmail.com).



Join us for a morning of stimulating discussion with interesting people of diverse backgrounds. All books selected have a Jewish theme or a Jewish author. Meetings are held the 4th Wednesday of each month 11:00-12:30 pm. Contact Donna Zucker, [donnadzucker@gmail.com](mailto:donnadzucker@gmail.com).

## Sinai Sisterhood

Join our dynamic community of women of all ages and stages of life who gather for social and meaningful programs and events. Contact Janet Walker-Snyder, [Sisterhood@sinaidenver.org](mailto:Sisterhood@sinaidenver.org).



"Volunteers on Demand" are congregants interested in helping with various Sinai programs. Contact Lisa Thorner, Executive Director, [Lisa@sinaidenver.org](mailto:Lisa@sinaidenver.org)



We hold monthly meetings, the second Sunday of each month from 9:30 am to noon that includes time to enjoy breakfast followed by informative speakers and/or media presentations on current topics of interest and veteran affairs. Contact Don Price, [donpriceusna73@gmail.com](mailto:donpriceusna73@gmail.com).



Our Sinai Tzedek committee engages in a number of Social Action projects including Mitzvah Day, Habitat for Humanity, Meals for Metro Caring and Christmas in the Park. Contact Debbie Foster, [Debbie@sinaidenver.org](mailto:Debbie@sinaidenver.org).

## Defeat Anti-Semitism

Join our committee to help us host, educate and bring the community together as we all stand up to Anti-Semitism and live one of our core Jewish values, Tikkun Olam. Contact Terri Tilliss, [Terri.Tilliss@incidentalsconsulting.com](mailto:Terri.Tilliss@incidentalsconsulting.com).



LLJL Sessions are varied, spanning the gamut from the religious to the secular, but always featuring a Jewish aspect. The Wednesday night lectures are held from 6:30 pm – 8:00 pm. Contact Marty Meitus, [martymeitus@gmail.com](mailto:martymeitus@gmail.com)



Our lay-led meditation group meets on the first and third Saturdays of the month at 8am for 50 minutes of contemplative practice. All levels are welcome.



Being in a Chavurah, (Hebrew for friend group), is a wonderful way to connect with other congregants from Temple Sinai. If you would like to join an existing Chavurah or form a new group, we have options. Contact Shana Cohen, [Shana@sinaidenver.org](mailto:Shana@sinaidenver.org).



If you are a lover of music join Temple Sinai's Adult Choir. We sing at High Holyday services and Musical Shabbatot throughout the year. Contact Choir Director Leah Hamilton, [LHDoReMi@aol.com](mailto:LHDoReMi@aol.com).

# Families



A place where each child is encouraged to learn and grow in a developmentally appropriate, nurturing and loving environment. Contact our Director of Early Childhood, Sheila Purdin at [Sheila@sinaidenver.org](mailto:Sheila@sinaidenver.org). If you would like to be involved as a parent, contact [pto@sinaidenver.org](mailto:pto@sinaidenver.org).



Our Religious School instills in our students and their families a love of Judaism, the Jewish people, and Israel and seeks to provide the tools for each person's spiritual journey through the lens of Reform Judaism. Contact our Director of Education, Doni Kaye at [Doni@sinaidenver.org](mailto:Doni@sinaidenver.org). If you would like to be involved as a parent, contact [kathymzeiger26@gmail.com](mailto:kathymzeiger26@gmail.com).



We are a synagogue for the entire family and offer fun and meaningful programming for children and adults to connect with one another including our monthly Twisted Shabbat experience. Contact our Director of Engagement and Programming, Debbie Foster at [debbie@sinaidenver.org](mailto:debbie@sinaidenver.org).



Sinai South is Temple Sinai of Denver's engagement initiative for those living in the South Suburbs of Denver (Highlands Ranch, Castle Rock, etc.). Contact Debbie Foster, [debbie@sinaidenver.org](mailto:debbie@sinaidenver.org).

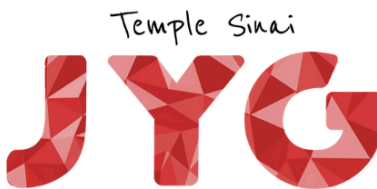


Youth Choir is a time for the Songbirds to share their voice at Shabbat services once a month. Contact: [Ruthie@sinaidenver.org](mailto:Ruthie@sinaidenver.org)

# Temple Sinai Youth Groups



Our monthly afternoon programs for K-5th foster strong peer connections and fun experiences at Temple immediately following Religious School. Contact Annette Weiner, [annette@sinaidenver.org](mailto:annette@sinaidenver.org).



Junior Youth Group is the ultimate destination for middle-schoolers seeking fun and community. Contact Rabbi Michael Shields, [rabbishields@sinaidenver.org](mailto:rabbishields@sinaidenver.org).



Led by teens, TSYG offers inclusivity, support, and fun, empowering teens to shape their Jewish community. All high schoolers are welcome at our monthly events. Contact Rabbi Michael Shields, [rabbishields@sinaidenver.org](mailto:rabbishields@sinaidenver.org)

# Classes with our Rabbis



Sinai Sundays, Exploring the Hebrew Bible Tuesdays via zoom, Torah Study Saturdays 10:30 via zoom, and many others throughout the year including an Adult B'nei Mitzvah program.



Thursday from 12pm-1pm for a conversation about texts, tradition, and current events that impact Jews, Israel and the world.

# B'NEI MITZVAH/WELCOME

## Harper Brehmer - 11/2/24



Harper is the daughter of Steve and Jennifer Brehmer and the sister of Jameson and Declan. She attends Liberty Middle School and loves to play soccer. Harper has been on the same team for over 3 years and many of the girls she plays with have been together for much longer than that. Harper loves being part of her Girl Scout troop, but that is as much about being with some of her closest friends, as well as helping out in the community. She loves music and singing to her favorite artists like Taylor Swift, Sabrina Carpenter, and Olivia Rodrigo. Harper is happiest when she is watching a movie with her family or spending time with her friends. She also counts down the days until she can return to her "happy place" every summer at the JCC Ranch Camp. For her mitzvah project, Harper has volunteered over the summer with her swim team in helping young children learn how to swim. This not only fulfilled her passion of working with young kids, but helped her learn and teach a life-saving skill. Harper is also a Cadet in Girl Scouts. Over the last year she has had the opportunity to make blankets for children in need and donate them to the Lukas Foundation, learn more about the in and out of the Denver Dumb Friends League, donate cookies to her local fire department, and is looking forward to many more volunteer opportunities that her troop is already planning this year. She feels so blessed to be able to give back to those in need with her friends and wonderful troop leaders and parents.

## Gracelyn (Gracie) Kristofco - 11/9/24

Gracie is the daughter of Jamie and Stephen Kristofco and the twin sister of Forrest. She attends Heritage Heights Academy and enjoys FORM swim team, scouts, drawing and writing. For her mitzvah project, Gracie is baking challahs for Onegs on Friday nights because "it brings together my passion for baking and bringing together people I care about." She is also collecting food for The Weinberg Food Pantry because "I understand sometimes others need help and feel better when they have a nutritious meal."



A warm welcome to Temple Sinai's newest members:

Max & Molly Anger, Owen and Ivy  
Alan Bender & Vanessa Brown, Wyatt and Everett  
Bob Davidson & Shellie Specter  
Marc & Jennifer Davis, Jakob and Mason  
Charles & Raleigh Downing, Emma and Lucy  
Boris & Elena Draznin  
Jacob & Layne Freeman, Evelyn  
Moisey & Yelena Grinshpun  
Donna Lederman  
Andrew & Jessica Silverman, Avery and Jack  
Mindy Tappan, Kendall and Beckett

# IN MEMORIAM

- **Steven Baron**, father of Michael (Ami) Baron, grandfather of Isabel and Joshua Baron
- **Claire Beleskowitz**, friend of Dr. Jonathan Singer and Linda Leonard
- **David Bershof**, father of Juli (Ken) Kramer, Jill (Greg) Svenson, and Jennifer (Kevin) Gregory, brother of Joan (Larry) Rubenstein, grandfather of Addison (Daniel) Sheldon, Preston Kramer, great-grandfather of Sterling
- **Peter Cohen**, cousin of Joanne (Arnie) Luterman
- **Steve Cramer**, husband of Kathi Cramer, father of the late Daniel Cramer, brother of Susan and Dr. Stanley Kerstein, uncle of Joshua and Lauren Kerstein
- **Lucille Drechsler**, mother of Doreen (Rich) Nadler, grandfather of Joshua
- **Sheldon Eisenstark**, cousin of Sue (Scott) Krieger
- **Ryan Alexander Goodman**, son of Sheryl and Jon Goodman, grandson of Phyllis and the late Stanley Goodman, Debra (Sam Sobke) Herz, and James (Elaine) Moses, nephew of Scott Moses, Reid (Linda) Goodman, and Nancy (Mark) Sims
- **Sallie Hahn**, sister of Deedee (Mark) Shulman, aunt of Zachary (Dana) Shulman
- **Renee Heller**, sister of Judy Vad, aunt of Executive Director Lisa Thorner, mother of Jacquie Heller, Jay Heller, Rick (Helen) Heller, Dan (Sarah) Heller, grandmother and aunt
- **Lex Holland**, husband of Marcy Holland, father of Travis (Anne) Holland and Shana (Michael) Grundy, grandfather of Aria and Jude Holland and Troy and Ryan Grundy
- **Shana Katz**, wife of the late Bernie Katz, mother of Terri (Jerry) Orlovsky and Peggy (Gary) Zimmerman, sister of Judy Vad, and aunt of Lisa Thorner
- **Marilyn Rubin**, friend of Dr. Phillip Wolf
- **Carolyn Sampson**, aunt of Jody (Evan) Frank, great-aunt of Julia
- **Leslie Serianni**, niece of Lee and Sharon Keene
- **Ray Smith**, husband of Alicia Smith, father of Jacob Smith and Debby Smith, brother of Richard Smith
- **Betty Wizer**, aunt of Jacob Sheler-Zamarripa (Hannah Fultz)

*Zikhroneim Livrakhah, may they be remembered for a blessing.*

## CHAI-5! TO CHANUKAH



**THE CHAI-5 ADVANTAGE**  
DONATIONS HEAD STRAIGHT TO THE BOTTOM LINE



CLICK  
HERE TO  
DONATE

# PAY TRIBUTE TO YOUR LOVED ONES

It is never too late to remember a loved one or to celebrate a graduation, confirmation, Bar/Bat Mitzvah, a special birthday or any other milestone. The events that we experience individually are meant to be shared with our Sinai community. Here are several ways in which to do so:

## BRICK-BY-BRICK PROJECT

Brick by Brick is an ever-evolving commemoration of the special moments and people that shape and influence our lives. Bricks can be purchased online at <http://www.sinaidenver.org/brick-by-brick.html>. The display of bricks is located in front of Temple Sinai's entrance. Cost: \$125 (4x8 Brick) and \$250 for (8x8 Brick).



## WALL OF REMEMBRANCE

The Wall of Remembrance, located outside the Zwerin Sanctuary, is a way to memorialize the passing of a loved one. Name plates are inscribed with the name of the departed along with the English and Hebrew date of death. Cost: \$300.



## TREE OF LIFE

The Tree of Life sculpture was created by the renowned synagogue artist Sanford Werfel. The branches of the tree form the Hebrew words "Etz Chaim." The stones at the roots of the Tree are symbolic of the Twelve Tribes of Israel. The golden leaves and stones may be inscribed to highlight or commemorate joyous occasions, including births, weddings, anniversaries, graduations or to honor family, parents or friends. Cost: \$175 to inscribe a leaf and \$1,000 to inscribe a stone.



# DONATIONS

\*Donations processed September 1 - 30, 2024

## **ALAN FARBER MEMORIAL CAMP SCHOLARSHIP FUND IN HONOR OF:**

Lori and John Spanbauer's  
Retirement  
Melody Blitt

## **ARNOLD L. GREENBERG MEMORIAL FUND FOR INTERFAITH DIALOGUE IN LOVING MEMORY OF:**

Ben and Esther Lesser & Stuart  
Lesser  
Sherrie Obie

## **BROTHERHOOD FUND IN LOVING MEMORY OF:**

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## **CANTORIAL SOLOIST RUTHIE LIPSHULCH DISCRETIONARY FUND**

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## **HAAG FAMILY ASSISTANCE FUND**

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Allen Vean

## **ILENE SHIROFF MEMORIAL FUND**

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## **JEWISH EDUCATION FUND**

**DONOR:**  
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## **JULIUS & HELEN RING IST FUND**

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Steve Cramer  
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Alan & Anita Eisenberg

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## **RABBI MICHAEL SHIELDS DISCRETIONARY FUND**

**IN HONOR OF:**  
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## **RABBI RICHARD RHEINS DISCRETIONARY FUND IN LOVING MEMORY OF:**

Shirley Saliman Baer  
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Maxine Cohen  
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Abrahams  
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Brunschwig  
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Jack Rosansky  
Donald Rosansky  
Ralph and Adele Stein  
Alan & Gretchen Stein  
Albert Maurice Taback and  
Philip Taback  
Joyce Taback

## **IN HONOR OF:**

Hebrew Naming of Ahava  
"Havi" Delahanty  
Max Delahanty & Arielle  
Gumer  
Ellie Goldstein becoming a Bat  
Mitzvah  
Dick & Naomi Wisott  
Ava Levison becoming a Bat  
Mitzvah  
Jonathan & Jerri Levison  
Lunch & Learn  
Marie Friedemann  
Mia Schiff's Birthday  
Dorothy Resnick  
David and Joyce Spiegler's  
60th Wedding Anniversary  
David & Joyce Spiegler

## **DONORS:**

Philip Braunstein & Ina  
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Dorothy Resnick

# DONATIONS (CONTINUED)

\*Donations processed September 1 - 30, 2024

## **RABBI ZWERIN**

### **DISCRETIONARY FUND**

#### **IN LOVING MEMORY OF:**

Leo and Claire Howard & Jed  
and Roy Howard

Lynne Friedman-Severe

## **RECYCLE/SHRED FUNDRAISER**

### **IN LOVING MEMORY OF:**

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Yetta S. Watson

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David and Joyce Spiegler's  
60th Wedding Anniversary

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## **WE CARE/SOCIAL ACTION FUND**

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Sara Epstein

## **IN HONOR OF:**

Sura Veta

Grace Bach

## **DONOR:**

Marion Lauterbach





## THE RITUALS AND TRADITIONS OF CHANUKAH

### The First Night of Chanukah is Wednesday, December 25!

Chanukah means “dedication.” About 168 BCE, Antiochus Epiphanes, the Greek ruler of Asia Minor, sought to impose Greek culture and idolatry upon Jews and all the other peoples he ruled. Though some Jews bent to his will and assimilated fully, most of our Jewish ancestors, led by the Maccabees, resisted the plan and revolted against Antiochus. The war lasted some three years and is considered history's first struggle for religious freedom. Despite overwhelming odds, the Judeans were successful and joyously engaged in the rededication (chanukah) of their Temple on the 25th of Kislev in 165 BCE.

The miracle of the Maccabees’ victory is commemorated annually by Jews for eight days --- kindling candles, singing songs, exchanging gifts, offering prayers of thanksgiving, and rededicating ourselves to the cause of religious liberty. Chanukah originally was developed to parallel the eight-day Festival of Sukkot (which was the traditional time for dedicating the Temple). Over time, the eight days of Chanukah were linked by a Rabbinic midrash to a miracle of sacred oil.

Candles are added to the chanukiyah from right to left but are kindled from left to right. The newest candle is lit first. (On the Shabbat of Chanukah, kindle the Chanukah lights first and then the Shabbat candles.)

First light the shamash, “the helper candle.” Then use the shamash to light the other candles of the chanukiyah.



## THE CHANUKAH BLESSINGS

The First Night of Chanukah is Wednesday, December 25!

### As we light the candles we sing:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה.

**Barukh atah, Adonai Eloheinu, Melekh ha'olam, asher kideshanu b'mitzvotav v'tzivanu lehadlik ner shel Chanukah.**

“Blessed are You, Adonai our God, Sovereign of all, who hallows us with mitzvot, commanding us to kindle the Chanukah lights.”

### Then we say:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂה נִסִּים לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזִמְנֵי הַזֶּה.

**Barukh atah, Adonai Eloheinu, Melekh ha'olam, she'asah nisim la'avoteinu v'imoteinu bayamim haheim baz'man hazeh.**

“Blessed are You, Adonai our God, Sovereign of all, who performed wondrous deeds for our ancestors in days of old at this season.”

### On the very first night we also add shehecheyanu:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה.

**Barukh atah, Adonai Eloheinu, Melekh ha'olam, shehecheyanu v'kiy'manu v'higianu laz'man hazeh.**

“Blessed are You, Adonai our God, Sovereign of all, for giving us life, for sustaining us, and for enabling us to reach this season.”

# STAFF AND BOARD

## SINAI STAFF:

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### **DANAE RONBERG**

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